

Developmental Marksmanship for the Female Shooter – Pistol



Purpose: The purpose of this 2-day class is to improve the female officer shooting performance through classroom exercises and partner skill-building drills in addition to intensive range work. At the end of this class, the female pistol operator will have a much higher level of understanding of the weapon system and an increased ability to deliver it efficiently and effectively, particularly in the area of marksmanship.

Focus areas include: Developmental marksmanship, grip-strength assessment, shooting-specific strength exercises, equipment review and available ergonomic aides, trigger management focus session, individual shooting assessments, performance tracking and self-diagnostic tools. (Instructors are welcome)

Requirements: Attendees are required to bring 300 rounds of pistol ammunition, body armor, brimmed hat, wrap-around eye protection, ear protection and full duty gear. Also complete the attached PAR-Q Questionnaire and return with registration.

Instructor: Lou Ann proudly served the law enforcement profession for 22 years before retiring. Lou Ann has had many roles during her law enforcement career to include uniform patrol, bike patrol, undercover narcotics and prostitution operations, and a temporary assignment with a DEA Task Force. She holds a Master's degree in Human Performance Technology and Instructional Design from the University of Michigan.

For the last 20 years Lou Ann has specialized in training female officers, having trained over 3,200 in pistol alone and is a certified firearms and defensive tactics instructor in a variety of disciplines. She instructs locally and nationally in the areas of instructor development, training for specialty units to include survival training for SROs and Police Cycling train the trainer level classes. National conference presentations include: The American Society for Law Enforcement Trainers (ASLET), The International Law Enforcement Educators and Trainers Association (ILEETA), The International Police Mountain Bike Association (IPMBA), and The International Association of Law Enforcement Firearms Instructors (IALEFI), Rocky Mountain Women in Law Enforcement (RMWLE), Tactical Strength and Conditioning (TSAC) and the National Tactical Officers Association (NTOA) conferences. Lou Ann also served as a part-time faculty member with the Washtenaw Community College Police Academy specializing in physical skills and proctors the MCOLES physical agility pre-test for seven years.

Lou Ann conceptualized the nationally-recognized Building Warrior Women training event for women in public safety that has been publicized as the finest survival skills training in the United States. She is a Team One Network adjunct instructor and Master Pistol Instructor through H and K and is a certified armorer for a number of weapon systems. Lou Ann authored the "Firearms Training" chapter in IPMBA's Complete Guide to Public Safety Cycling 2nd edition has authored many articles in Law and Order, Police Marksman, PoliceOne.com, IALEFI'S "Firearms Instructor" and the IPMBA Newsletter. She currently serves as an advisory board member for PoliceOne.com, and is a former consultant and presenter with Calibre Press Women's Street Survival Seminars, of which she co-wrote.

Lou Ann also served on the Board of Directors for IALEFI and taught at many of their train the trainer "Master Firearms Instructor" classes and conferences. She was named ILEETA's "Iron Cop" for 2009 conference. In 2014 Lou Ann was nominated for Alumnus of the Year for the University of Michigan School of Education for her contributions to public safety training. She is an avid cyclist and runner completing several marathons and half marathons.

Testimonials:

"Awesome course and instructors...Amazing...Please bring this course back...Every female cop should take this class." – From 2013 Amarillo Class

"Lou Ann Hamblin is an excellent firearms instructor, she takes the extra time to help out struggling students, makes the student become a confident and a skilled shooter. I strongly recommend every female officer to take her courses; you will not be disappointed."

Cpl. Julie Duehring - New Ulm, MN. Police Department

Thursday - Friday * August 20-21, 2015 * 8:00 a.m. – 5:00 p.m.

Cost: \$275.00 – (PRPC Sponsored – NO CHARGE for Qualifying Law Enforcement Officers)

"PRPC Sponsored" indicates the tuition and fees are paid for by the Panhandle Regional Planning Commission for municipal and county law enforcement officers in the top 26 counties of the Texas Panhandle.

Location: Amarillo Shooting Complex, 16700 Bezner Road, Amarillo, TX (by the City Landfill)

Directions: From Amarillo, take I-40 West to Arnot Road. Take Arnot Road exit and continue west on the I-40 service road for approximately 1 mile. Turn right on S. Hill Road (there will be a "City of Amarillo Landfill" sign) and go 2 miles north to Bezner Road. Turn left. Shooting Complex is located ½ mile on the right.

Target Audience/CEUs

Female law enforcement officers with all levels of shooting experience.

TCOLE credit provided by Amarillo College – Panhandle Regional Law Enforcement Academy. General CEUs will be awarded to all participants. For successful completion, this program must be attended in its entirety.

Enrollment Eligibility Notice: Students with outstanding obligations to Amarillo College may not be allowed to enroll in or complete a continuing education course until the obligations are fulfilled. Students who have received a Criminal Trespass Warning from Amarillo College will not be allowed to enroll in courses held on any AC campus unless the warning has been lifted.

Contact Information

Mail: Amarillo College
Criminal Justice Programs
PO Box 447
Amarillo, Texas 79178

Phone: 806-354-6081
Fax: 806-354-6074
www.actx.edu/cj/conferences
E-mail: CriminalJustice@actx.edu

Registration Form (Fax or Mail)

Developmental Marksmanship for the Female Shooter – August 20-21, 2015

Office Use Only: [] OE - Course ID #146479 – CJLE 1023 4001 [] PRPC - Course ID #146476 – CJLE 1023 4901

Last 4 digits of SSN or AC ID: _____ **Date of Birth:** _____ **Gender:** ___ Male ___ Female

TCOLE P_ID#: _____

Last Name: _____ **First:** _____ **MI:** _____

Current Address: _____

City/State/Zip Code: _____

County of Residence: _____ **Residency Status:** ___ Texas Resident ___ Out-of-State ___ Foreign Country

Home Phone: _____ **Work Phone:** _____ **Cell Phone:** _____

Personal E-mail: _____ **Business E-mail:** _____

Employer or Type of Business: _____

Ethnic Origin: (Voluntary Information – will not affect enrollment)

Are you Hispanic?: ___ Yes ___ No

What is your race? (check all that may apply):

___ White ___ American Indian or Alaskan Native ___ Black or African-American ___ Asian ___ Native Hawaiian/Other Pacific Islander

I CERTIFY THAT THE INFORMATION GIVEN ABOVE IS COMPLETE AND CORRECT.

Date: _____ **Signature:** _____

Method of Payment: ___ Cash ___ Check ___ Money Order ___ Visa ___ Master Card ___ Discover ___ Company Letter of Billing

Credit Card #: _____ **Expiration Date:** _____ **Sec. Code:** _____

Authorized Signature: _____

Bill To: _____

P.O. #: _____ (Please include Letter of Billing or Copy of P.O.)

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

SIGNATURE OF PARENT _____
or GUARDIAN (for participants under the age of majority)

DATE _____

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

Physical Activity Readiness
Questionnaire - PAR-Q
(revised 2002)

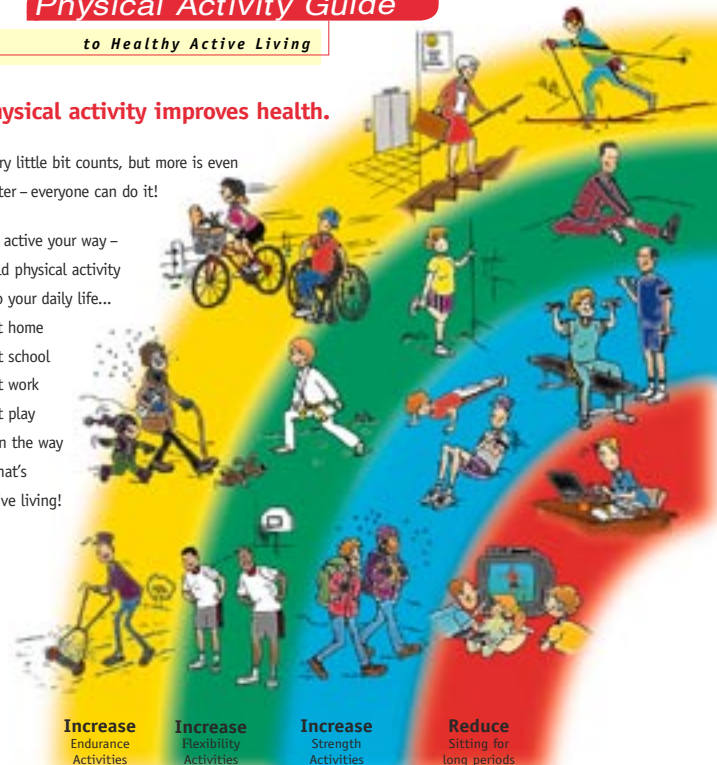


Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



Increase Endurance Activities
Increase Flexibility Activities
Increase Strength Activities
Reduce Sitting for long periods

Choose a variety of activities from these three groups:

Endurance

4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility

4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength

2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the Guide Handbook and more information: 1-888-334-9769, or www.paguide.com

Eating well is also important. Follow Canada's Food Guide to Healthy Eating to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort 60 minutes	Moderate Effort 30-60 minutes	Vigorous Effort 20-30 minutes	Maximum Effort
• Strolling • Dusting	• Light walking • Volleyball • Easy gardening • Stretching	• Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	• Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity:	Health risks of inactivity:
<ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life 	<ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

- Arraiz, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.
- Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.
- PAR-Q Validation Report, British Columbia Ministry of Health, 1978.
- Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».